Daily Dip *4* Dave.

Registered Charity 1218481

THE CHALLENGE, ONCE A YEAR

One day. *Everyone*, everywhere, in the water.

Every October, people across the country get into cold water on the same day - to mark the anniversary of Day One and keep Neuroendocrine Cancer in the conversation.

10 Oct

2026, 10:30am - Gyllyngvase Beach, Falmouth

3rd

Year running - first held 12 October 2024

Sea, river

Lido or garden paddling pool - wherever's nearest counts

01 · THE IDEA

The 1,000-day challenge was one person, alone, in the sea, every day. National Daily Dip 4 Dave Day flips that: one day, but not alone. Wherever you are, whatever water is nearest, getting in on the same day as everyone else is what makes it count. It doesn't have to be the sea - rivers, lidos, and garden paddling pools all count too.

02 · HOW TO TAKE PART

JOIN IN FALMOUTH

Come down to Gyllyngvase Beach on the day. No sign-up needed, just turn up ready to get in.

DIP WHERE YOU ARE

Sea, river, lido, or garden paddling pool - take your dip on the same day and share it.

SPREAD THE WORD

Can't get in the water yourself? Sharing the date and the reason behind it helps just as much.

THIS YEAR

Something new: 1,000 Acts of Resilient Defiance.

The first 1,000 were mine. The count has already started with the Goggle Challenge - 10 October is when we come together and see how far we've got. Sign up to let us know you're taking part, however you're marking the day.

dailydip4dave.com/national-dip-day

Sign up and find out more

SCAN TO SIGN UP

#ResilientDefiance